



DEL TACO MENU ITEMS - ALLERGEN LIST (JULY 2023)

	Menu Item Name	CLAIMS		ALLERGENS									SENSITIVITIES	
		Vegetarian	Vegan	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sesame	Gluten	MSG
TACOS	Beer Battered Crispy Fish Taco			X	X	X				X	X		X	
	Carne Asada Steak Tacos Del Carbon			X									X	
	Carne Asada Steak Taco Del Carbon Guac'd Up			X									X	
	Chicken Taco Del Carbon			X					X	X			X	
	Chicken Taco Del Carbon Guac'd Up			X					X	X			X	
	NEW Shredded Pork Carnitas Taco Del Carbon													
	NEW Shredded Pork Carnitas Taco Del Carbon Guac'd Up													
	Grilled Chicken Taco			X	X				X	X			X	
	Chipotle Crispy Chicken Taco			X	X				X	X			X	
	Chipotle Crispy Chicken Guac'd Up Taco			X	X				X	X			X	
	Habanero Crispy Chicken Taco			X	X				X				X	
	Habanero Crispy Chicken Guac'd Up Taco			X	X				X				X	
	Ranch Crispy Chicken Taco			X	X				X				X	
	Ranch Crispy Chicken Guac'd Up Taco			X	X				X				X	
	The Del Taco (Crunchy)			X					X	X			X	
	The Del Taco (Soft)			X					X	X			X	
	Snack Taco (Crunchy)			X					X	X			X	
	Snack Taco (Soft)			X					X	X			X	
	Crunchtada® Tostada*	X		X					X	X			X	
	Stuffed Quesadilla Taco - Grilled Chicken			X					X	X			X	
Stuffed Quesadilla Taco - Grilled Chicken Guac'd Up			X					X	X			X		
Stuffed Quesadilla Taco - Carne Asada Steak			X					X	X			X		
Stuffed Quesadilla Taco - Carne Asada Steak Guac'd Up			X					X	X			X		
Stuffed Quesadilla Taco - Crispy Chicken			X					X	X			X		
Stuffed Quesadilla Taco - Crispy Chicken Guac'd Up			X					X	X			X		
NEW SQT - Shredded Pork Carnitas Taco			X					X	X			X		
NEW SQT - Shredded Pork Carnitas Guac'd Up Taco			X					X	X			X		
QUESADILLAS & NACHOS	Cheddar Quesadilla	X		X					X				X	
	Chicken Cheddar Quesadilla			X					X	X			X	
	Carne Asada Steak Cheddar Quesadilla			X					X				X	
	Snack Queso Quesadilla	X		X					X	X			X	
	3 Layer Queso Nachos			X					X	X			X	
	Queso Loaded Nachos (Seasoned Beef)			X					X	X			X	
	Queso Loaded Nachos (Grilled Chicken)			X					X	X			X	
	Queso Loaded Nachos (Carne Asada Steak)			X					X	X			X	
	Chips & Fresh House-made Guac*	X	X											
	Chips & Queso Dip*	X		X							X			
SALADS	Taco Salad with Fresh Guac (Seasoned Beef)			X					X	X			X	
	Taco Salad with Fresh Guac (Grilled Chicken)			X					X	X			X	
	Taco Salad with Fresh Guac (Carne Asada Steak)			X					X	X			X	
CLASSIC BURRITOS	8 Layer Veggie Burrito*	X		X					X	X			X	
	Bean & Cheese Burrito (Green)	X		X					X	X			X	
	Bean & Cheese Burrito (Red)	X		X					X	X			X	
	NEW Shredded Pork Carnitas Combo Burrito			X					X	X			X	
	Chicken Cheddar Roller (Chipotle)			X	X				X	X			X	
	Chicken Cheddar Roller (Original)			X					X	X			X	
	Chicken Cheddar Roller (Ranch)			X	X				X	X			X	
	Classic Grilled Chicken Burrito			X	X				X	X			X	
	Del Beef Burrito™			X					X	X			X	
	Del Combo™ Beef & Bean Burrito			X					X	X			X	
Spicy Grilled Chicken Burrito			X					X	X			X		
EPIC BURRITOS®	Epic Cali Bacon Burrito (Grilled Chicken)			X					X	X			X	
	Epic Cali Bacon Burrito (Carne Asada Steak)			X					X	X			X	
	Epic Crispy Chicken & Guac Burrito (New Recipe!)			X	X				X	X			X	
	Epic Combo Beef & Bean Burrito			X					X	X			X	
	Epic Fresh Guacamole Burrito (Grilled Chicken)			X					X	X			X	
	Epic Fresh Guacamole Burrito (Carne Asada Steak)			X					X	X			X	
	Epic Loaded Queso Burrito (Grilled Chicken)			X					X	X			X	
	Epic Loaded Queso Burrito (Carne Asada Steak)			X					X	X			X	



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		Vegetarian	Vegan	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sesame	Gluten	MSG	
EPIC TORTAS™	Chicken BLT Epic Torta™			X	X					X	X		X		
	Crispy Chicken & Guac Epic Torta™			X	X					X			X		
	Carne Asada Steak & Queso Epic Torta™			X						X	X		X		
	NEW Shredded Pork Carnitas & Guac Epic Torta™			X	X					X	X		X		
BURGERS & FRIES	Bacon Double Del® Cheeseburger			X	X					X	X	X	X		
	Double Del® Cheeseburger			X	X					X	X	X	X		
	Del Cheeseburger			X	X					X	X	X	X		
	Carne Asada Steak Fries			X	X										
	NEW Shredded Pork Carnitas Fries			X	X										
	Chili Cheddar Fries			X						X	X		X		
	Deluxe Chili Cheddar Fries™			X						X	X		X		
	Queso Loaded Fries			X						X	X		X		
	Crinkle Cut Fries (Small)*	X	X												
	Crinkle Cut Fries (Medium)*	X	X												
	Crinkle Cut Fries (Macho)*	X	X												
	3 Pc. Chicken & Fries Box (Ranch Dipping Sauce)			X	X					X			X		
3 Pc. Chicken & Fries Box (Habanero Dipping Sauce)				X					X			X			
3 Pc. Chicken & Fries Box (Chipotle Dipping Sauce)			X	X					X	X		X			
KIDS' ITEMS	Bean & Cheese Burrito (Green)			X						X	X		X		
	Bean & Cheese Burrito (Red)	X		X						X	X		X		
	Kids' Hamburger									X	X	X	X		
	Kids' Cheeseburger			X						X	X	X	X		
	Snack Taco (Crunchy)			X						X	X		X		
	Snack Taco (Soft)			X						X	X		X		
	Snack Queso Quesadilla	X		X						X			X		
BREAKFAST	Breakfast Burrito (Egg & Cheese)	X		X	X					X			X		
	Breakfast Burrito (Bacon)			X	X					X			X		
	Breakfast Burrito (Carne Asada Steak)			X	X					X			X		
	Breakfast Roller (Egg & Cheese)	X		X	X					X			X		
	Breakfast Roller (Bacon)			X	X					X			X		
	Breakfast Toasted Wrap (Egg & Cheese)*	X		X	X					X			X		
	Breakfast Toasted Wrap (Bacon)			X	X					X			X		
	Breakfast Toasted Wrap (Carne Asada Steak)			X	X					X			X		
	NEW Shredded Pork Carnitas Breakfast Burrito			X	X					X			X		
	Double Cheese Breakfast Taco (Egg & Cheese)*	X		X	X					X	X		X		
	Double Cheese Breakfast Taco (Hashbrowns & Beef)			X	X					X	X		X		
	Double Cheese Breakfast Taco (Hashbrowns & Bacon)			X	X					X	X		X		
	Donut Bites*	X		X	X					X			X		
	Hashbrown Slicks *	X													
SHAKES & DESSERTS	Caramel Cheesecake Bites*	X		X	X					X	X		X		
	Mini Cinnamon Churros*	X		X	X					X	X		X		
	Shake (Vanilla)	X		X											
	Shake (Chocolate)	X		X											
Shake (Strawberry)	X		X												
DRINKS	Café Del Olla Hot Coffee	X	X												
	Café Del Olla Iced Coffee	X		X											
	Simply Orange®	X	X												
	Bottled Water	X	X												
	Purple Pear Lemonade Poppers	X	X												
	Purple Pear Sprite® Poppers	X	X												
	Real Strawberry Lemonade	X	X												
	Real Strawberry Sprite®	X	X												
FOUNTAIN DRINKS	Fountain Drink (Barq's® Root Beer)	X	X												
	Fountain Drink (Coca-Cola® Cherry)	X	X												
	Fountain Drink (Coca-Cola® ZeroSugar)	X	X												
	Fountain Drink (Coca-Cola®)	X	X												
	Fountain Drink (Diet Coke®)	X	X												
	Fountain Drink (Dr Pepper®)	X	X												
	Fountain Drink (Fanta® Orange)	X	X												
	Fountain Drink (Fuze® Raspberry Iced Tea)	X	X												
	Fountain Drink (Hi-C® Flashin' Fruit Punch)	X	X												
	Fountain Drink (Minute Maid® Zero Sugar Lemonade)	X	X												
	Fountain Drink (POWERADE® Mountain Berry Blast)	X	X												
	Fountain Drink (Sprite®)	X	X												
	Gold Peak® Real Brewed Tea	X	X												



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BETTER MEX™

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		Vegetarian	Vegan	Milk	Eggs	Fish	Shellfish	Tree Nuts	Peanuts	Wheat	Soybeans	Sesame	Gluten	MSG
	100% Beef Patties													
	American Cheese	X		X										
	Avocado	X	X											
	Beer Battered Crispy Fish			X		X				X			X	
	Burger Sauce	X		X	X									
	Cabbage	X	X											
	Caramel Cheesecake Bites*	X		X	X					X	X		X	
	Carne Asada Steak			X										
	Cheddar Cheese	X		X										
	Chipotle Sauce	X		X	X					X	X		X	
	Chocolate Syrup	X	X											
	Chopped Bacon													
	Cilantro	X	X											
	Cilantro Lime Rice	X	X											
	Mini Cinnamon Churros*	X		X	X					X	X		X	
	Coffee	X	X											
	Coffee Creamer	X		X										
	Crinkle Cut Fries*	X	X											
	Crispy Chicken									X			X	
	Crunchtada® Shell*	X	X											
	Del Inferno Sauce	X	X											
	Del Scorcho Sauce	X	X											
	Eggs	X		X	X									
	Fryer Oil*	X	X											
	Green Sauce	X	X											
	Grill Seasoning	X		X	X						X			
	Grilled Chicken			X						X	X		X	
	Habanero Sauce	X			X									
	Hamburger Buns	X	X							X	X	X	X	
	Hamburger Seasoning	X	X											
	Hashbrown Sticks*	X	X											
	House-made Guacamole	X	X											
	Jalapeños	X	X		X									
	Ketchup	X	X											
	Large Taco Shell	X	X											
	Lemons	X	X											
	Lettuce	X	X											
	Lettuce Blend	X	X											
	Lime Seasoning	X	X											
	Limes	X	X											
	Mild Sauce	X	X											
	Onions	X	X											
	Pinto Beans	X	X							X	X		X	
	Queso Blanco	X		X							X			
	Ranch Sauce	X		X	X									
	Real Strawberry Topping	X	X											
	Salsa Casera	X	X											
	Salsa Seasoning	X	X											
	Seasoned Beef									X	X		X	
	Seasoned Black Beans	X	X											
	Secret Sauce	X		X	X									
	Snack Taco Shell	X	X											
	Sour Cream	X		X										
	Tomatoes	X	X											



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	Tortilla (Burritos)	X	X							X			X	
	Tortilla (Epic Burritos)	X	X							X	X		X	
	Tortilla (Small Burritos)	X	X							X			X	
	Tortilla (Tacos)	X	X							X			X	
	Tortilla (Corn)	X	X											
	Tortilla Chips*	X	X											
	Tortilla Strips	X	X											
	Vanilla Shake Mix	X		X										
	Vanilla Syrup	X	X											

Please be advised that there is a possibility for cross contact with allergens and animal products within Del Taco kitchens and prep areas.
 A vegetarian diet does not include any meat, poultry, game, fish, shellfish or by-products of animal slaughter.
 A vegan diet avoids animal foods such as meat, poultry, game, fish, shellfish, dairy, eggs and honey.

Please be advised that there is a possibility for cross contact with sesame seeds (declared a Top 9 Allergen as of January 2023) within Del Taco kitchens and hamburger prep areas.

*Please be aware that our restaurants use the same frying oil to prepare menu items that could have meat in them. All vegetarian ingredients may possibly come into contact with meat ingredients, which may be unacceptable to particular kinds of vegetarian eating plans. We cannot confirm whether any of our ingredients did not come into contact with meat products. This holds true for Del Taco and/or our franchisees.

***May Contain Peanuts

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